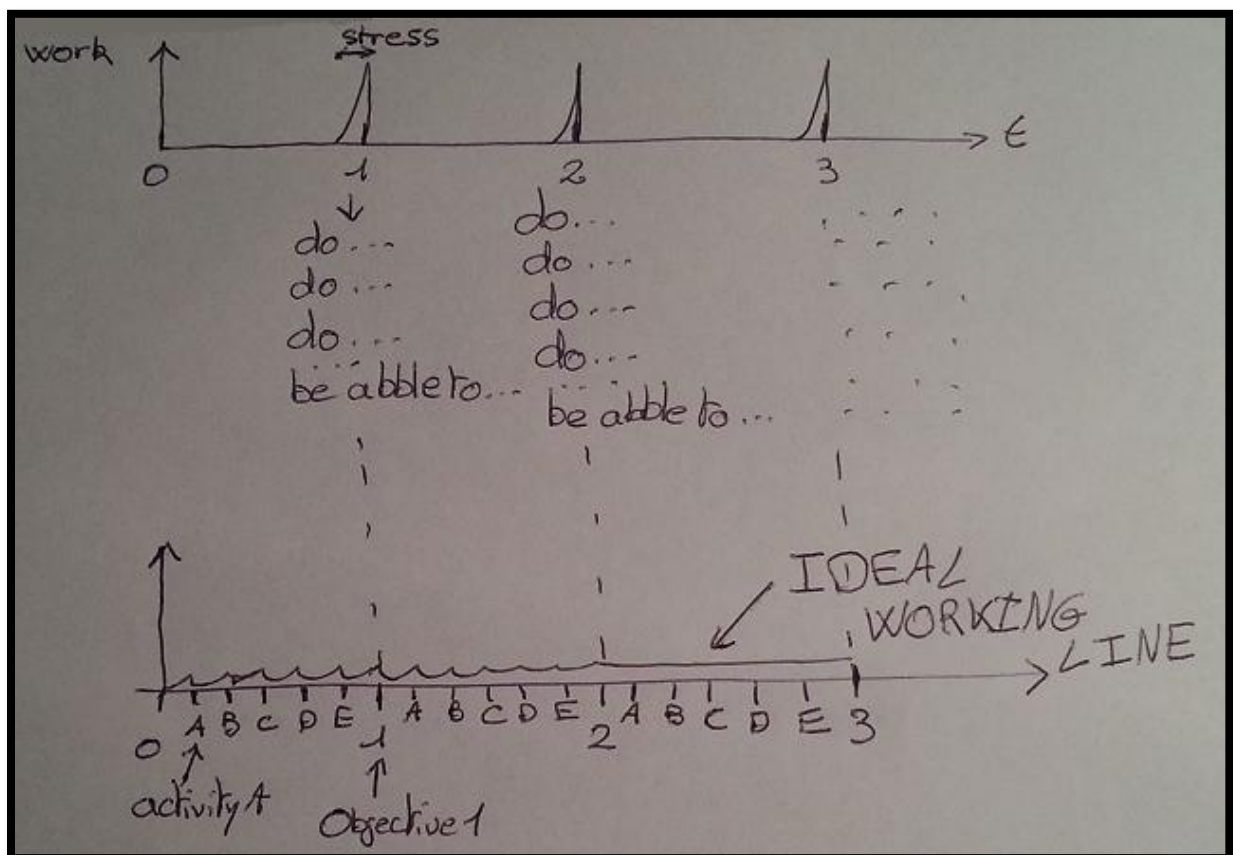


Read about « Procrastination » phenomenon permitted me to understand what it is. I realized that it is not the synonym of laziness. I understand that people who procrastinate, do what they really have to do at the last moment in full stress situation. I do it too. And every time, I do less important things before really important thing. It is a way to avoid working on important thing without feeling guilty of doing nothing.

For me this project is really important and I am sure I will procrastinate even I plane a lot of activities. I am sure I will do all that I plane but at the last time or few days after. I had an idea to avoid this procrastination during my project. I will work about the way to plane a project.

Before when I procrastinated and now, to stop procrastination:



The goal is to take an important thing (a great objective, requiring a long moment to realize and planned for long in) and to separate it in a lot of activities (less important for a global comprehension, requiring a short time to realize and planned pretty soon). The choice of alternating between pleasant and unpleasant tasks is important too. It is essential to know before each session what I have to do.

To do it, I chose to separate my work in sequence (1, 2, ...) with an important goal about every one month. Moreover, each sequence has to be separated in session (sequence 1.A, 1.B,...). For each session, I will have to realize something (read an article, speak about a subject ...) and every time I will analyze if I do the activity during the time planned (yes or not? If not, why? What did I do instead of this activity?). I will keep all in an "experience page". I planned sequence by sequence and after each sequence I will analyze the positive and the negative of the method to improve it for the next sequence.